

ABSTRAK

PENGARUH PENGETAHUAN “ILMU GIZI” PADA PEMENUHAN KECUKUPAN GIZI SEHARI SISWA SMKN 9 BANDUNG

Penelitian ini dilatarbelakangi oleh siswa SMK sebagai remaja yang menghabiskan waktu rata-rata tujuh hingga sembilan jam untuk beraktivitas di lingkungan sekolah. Siswa SMKN 9 Bandung Program Keahlian Jasa Boga memperoleh pengetahuan gizi melalui mata pelajaran Ilmu Gizi. Penelitian ini dilakukan dengan tujuan untuk mengetahui pengaruh pengetahuan Ilmu Gizi pada pemenuhan kecukupan gizi sehari siswa. Metode penelitian yang digunakan adalah metode deskriptif dan statistik inferensial. Populasi penelitian yaitu siswa kelas X Program Keahlian Jasa Boga sebanyak 149 siswa. Teknik *sampling* yang digunakan berupa *simple random sampling* dengan taraf kepercayaan sebesar 10%. Setelah dilakukan perhitungan, total jumlah sampel adalah sebanyak 60 responden. Instrumen yang digunakan berupa tes objektif pengetahuan Ilmu Gizi dan *Food Recall* 2x 24 jam. Hasil analisis deskriptif menunjukkan bahwa persentase rata-rata tingkat kecukupan energi responden keseluruhan berada pada kategori defisit (66%). Rata-rata pemenuhan kecukupan zat gizi makro meliputi protein berada pada kategori sedang (83%), lemak berada pada kategori kurang (80%), dan karbohidrat berada pada kategori defisit (60%). Sedangkan persentase rata-rata pemenuhan zat gizi mikro meliputi mineral seng dan kalsium serta vitamin A dan vitamin C secara keseluruhan berada pada kategori defisit. Sedangkan rata-rata pengetahuan Ilmu Gizi responden berada pada kategori baik (47%) dan sangat baik (47%). Hasil penelitian menunjukkan nilai *Chi – square* sebesar $0,452 > 0,05$. Dengan demikian dapat disimpulkan bahwa H_0 diterima, artinya tidak terdapat pengaruh yang positif dan signifikan antara pengetahuan Ilmu Gizi pada pemenuhan kecukupan gizi sehari siswa SMKN 9 Bandung. Diduga terdapat faktor yang mempengaruhi perilaku makan remaja yaitu pengaruh teman sebaya, tingkat ekonomi, suasana dalam keluarga yang berbeda, serta kemajuan industri makanan khususnya *fast food* yang menjadi populer di kalangan remaja.

Kata Kunci: kecukupan gizi, pengetahuan ilmu gizi, siswa SMK

ABSTRACT

THE IMPACT OF “NUTRITIONAL SCIENCE” KNOWLEDGE TOWARDS FULFILLMENT OF ONE DAY NUTRITIONAL ADEQUACY OF SMKN 9 BANDUNG STUDENTS

This research was motivated by vocational students as adolescent category who spend their times around seven up to nine hours doing activities at school. Department of culinary services students of SMKN 9 Bandung gains nutritional knowledge through Science of Nutrition subject. This research was conducted to discover the impact of Science of Nutrition knowledge towards fulfillment of students' one day nutritional adequacy. The method used in this study was descriptive method and inferential statistic. Populations of this research were 149 10th grade students of Culinary Services Department. Sampling technique that used in this study was simple random sampling with 10% of credibility level. After the calculation, total numbers of samples were 60 students. Twenty seven items multiple choice test for science of Nutrition Knowledge and Food Recall 2x24 hours were the instruments of this research. Result of descriptive analysis showed that the average overall energy consumption included to deficit category (66%) the average of macro nutrients covering protein are included to sufficient category (83%), fats are included to less category (80%), and carbohydrate are included to deficit category (60%) while the average of micro nutrients covering zinc, calcium, vitamin A and vitamin C overall are included to deficit category. The average of respondents' Science of Nutrition knowledge is at decent and satisfy level with percentage 47% of both. The result of this study showed Chi – square score at $0,452 > 0,05$. Based on the result of the research, it can be concluded that H_0 is accepted, it means that there is no positive and significance impact between Science of Nutrition knowledge towards the fulfilment of one day nutritional adequacy of SMKN 9 Bandung students. There are many factors that affect adolescent's consumption patterns, like friends from the same age, economy's level, family habits, also gains of food industries especially fast food that become popular among adolescent.

Key Word: *nutritional adequacy, nutritional knowledge, vocational student*